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JrCOSTEP – Summer 2005  
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I am an Environmental Health major studying at Colorado State University, Fort Collins Colorado. This summer I had an awesome experience interning as a JRCOSTEP with the Indian Health Service. I packed up after school was out for the summer and moved to Nashville Tennessee to work at the IHS Nashville Area Office to work under my preceptor Kit Grosch. The main focus of the summer was aiding in surveying the Tribal Health Clinics within the Nashville Area which spanned from tribes in the North East, East Coast and Southern states of the United States. Over the internship I traveled to the Oneida Tribe in New York, the Cherokee Tribe in North Carolina, the Catawba Tribe in South Carolina, the Seminole in Florida, and the Coushatta tribe in Louisiana. The amount of traveling involved in the internship was exciting. I visited states and areas that I had never been to before and experienced both Native American culture and American culture that was completely new to me. Everywhere we went was unique unto itself but at each tribe the people we met and worked with were awesome.

I learned a great deal through my JRCOSTEP and did things I never thought I would do. The JRCOSTEP provided me with a wide range of knowledge and experience from surveying tribal health clinics, aiding in conducting food inspections, report write-ups, contacting and organizing emergency contact information for the tribes in the Nashville Area, updating the facility's MSDS, learning the history of IHS and the tribes we visited. I truly could not have asked for a more awesome experience and will always remember all the wonderful people so willing to help me learn and the great friends I made.